

## YOGA

**Who:** Teens – Adults ~ All levels welcome!  
**Session I:** April 14 – June 2  
**Session II:** June 16 – August 4  
**Time:** Wednesdays, 6:00 – 7:15 p.m.  
**Where:** North Branford Community Center  
**Fee:** \$84  
**Instructor:** Chris Gaynor and Ellen Marks  
**Description:** Come and experience all of the benefits of Yoga!! This class will take you from gentle warm-ups to energizing breath work, from an exploration of yoga postures to taking time in stillness. Yoga promotes physical, mental and emotional release and relaxation. You will develop a sense of calm and ease while discovering your inner strength, flexibility and balance. This class is appropriate regardless of your fitness level. No Yoga experience necessary. Mats and props available. Bring a blanket or anything else you need for comfort. Everyone welcome!

## RESUME WRITING & JOB INTERVIEWING

**Who:** Teens - Adults  
**Session:** June – T.B.A  
**Time:** Thursdays, 7:00 – 8:15 p.m.  
**Where:** North Branford Community Center  
**Fee:** \$40  
**Instructor:** Ted Elliss  
**Description:** Learn how to prepare a winning resume! You will learn what is necessary vs. unnecessary information and how to identify what the employer is looking for relevant to the position. You will prepare a draft of your resume. Attendees will also receive insight into preparing for a successful interview giving honest and accurate information while maintaining a positive and proper profile. Successful interviewing skills will be demonstrated using role playing between the instructor and attendees. Please bring pencil and paper to class.



## TOTAL CONDITIONING (A.K.A. 10 MORE)

**Who:** Teens - Adults  
**Session I:** May 11 – July 13 \$80  
**Session II:** May 11 - June 8 \$45  
**Session III:** June 15 – July 13 \$45  
**Time:** Tuesdays, 6:00 – 7:00 p.m.  
**Where:** North Branford Community Center  
**Instructor:** Deborah Vita, Certified Personal Trainer  
**Description:** Stay motivated by joining a total conditioning class where you will be encouraged to fulfill your fitness goals. Class incorporates interval training to boost metabolism with strength building and functional exercises designed to increase coordination, balance, flexibility and stamina. Class will utilize stability balls and dumbbells for core exercises. Do it right and learn the correct form with a Certified Personal Trainer who will modify exercises to meet your fitness levels.



## CARDIO KICKBOXING

**Who:** Teens - Adults  
**Session I:** April 26 – June 7 (no class May 31)  
**Session II:** June 21 – August 2 (no class July 5)  
**Session III:** Aug. 16 – Sept. 27 (no class Sept. 6)  
**Time:** Mond. & Thurs. 6:00 – 7:00 p.m.  
**Where:** North Branford Community Center  
**Fee:** \$75  
**Instructor:** Jim Lyons  
**Description:** Train like a pro!! This is a hybrid form of boxing, martial arts and cardio circuits that includes using medicine balls, hand weights, stability ball and more. This class will leave you having a toned upper body and lean legs. Please bring a water bottle, workout mat and jump rope (optional) to class. GREAT WORKOUT!!

## INTRO TO GUITAR

**Who:** Ages 6 - Adult  
**Session:** April 29 – June 3  
**Time:** Thurs., 5:15 – 6:15 p.m.  
**Where:** North Branford Community Center  
**Fee:** \$40  
**Instructor:** Debra K. Levi  
**Description:** This class is for everyone to enjoy – parents, children, individuals and siblings can enjoy learning the basics of guitar together. Learn the beauty of guitar music.



**203-481-0400**  
[www.fairwaysdrivingrange.com](http://www.fairwaysdrivingrange.com)

 **The Fairways**  
**Golf Driving Range**

**19 Tipping Dr., Branford, CT**

**Special Programs and Discounts for KIDS & ADULTS**

**Bucket for a Buck**

**“Free” Lesson- First week of each month, starting April 2010**

**Re-Gripping Service**

**Private and Group Lessons**

**Visit our Web site for more information**

*Open year round*